

TRAINING SCHEDULE

(Sooryon Gehek Pyo)

In any undertaking, good planning reduces the risks and increases the probability of success. Well planned programs properly carried out can be likened to catching fish with a net while poorly planned programs can be compared to catching fish with one's bare hands, an obviously inefficient and wasteful exercise.

As training for Taekwon-Do mobilizes the muscles of the entire body, it requires a large amount of energy. A student must move up gradually, from the easy steps to the more difficult, from the basic to the more advanced stages of the development process.

In this manner, the student will not only enhance his health but will develop his techniques thoroughly and consistently. A Taekwon-Do instructor is responsible for the planning of the detailed training schedule for each of his students, particularly the grade holders, so that the programs set for them can be carried out properly and on a timely basis, with students receiving the right amount of instruction in the specified time.

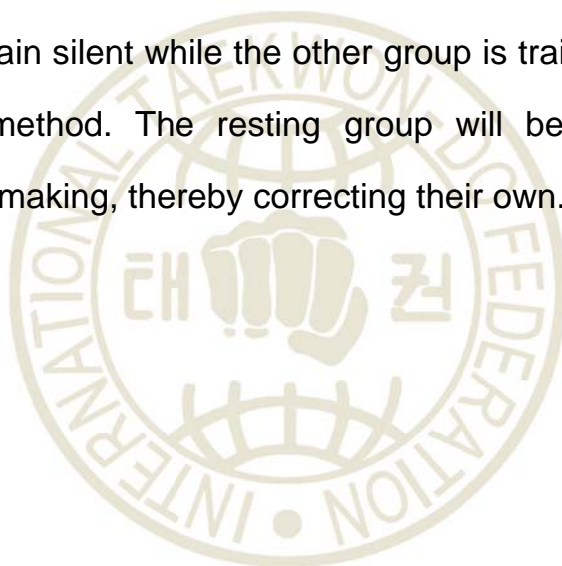
The training schedule ideally should provide a general overview of all of the training programs which in turn are broken into more detailed steps showing the course outline for each class and grade level within a particular program.

The training schedule listed here is a rather broad one. For beginners training for first degree black belt, however, it does present the basic requirement. It is necessary for the instructor to formulate a detailed master training program and lesson plan. This will allow the course to be conducted in a more efficient manner.

There are three rather important rules that should be followed:

1. Teach students by rank to avoid unnecessary duplication of exercises by senior students.
2. Divide the class into courses for children, adult, and senior citizens. This will enable everyone to practice without fear of either injury or over exertion.
3. Rather than allowing the whole class to rest at the same time break the training schedule up so one group is able to rest while watching another group practice.

The group resting should be aligned at the furthest extreme of the practice area and should remain silent while the other group is training. There is a beneficial side effect in this method. The resting group will be able to spot mistakes their classmates are making, thereby correcting their own.



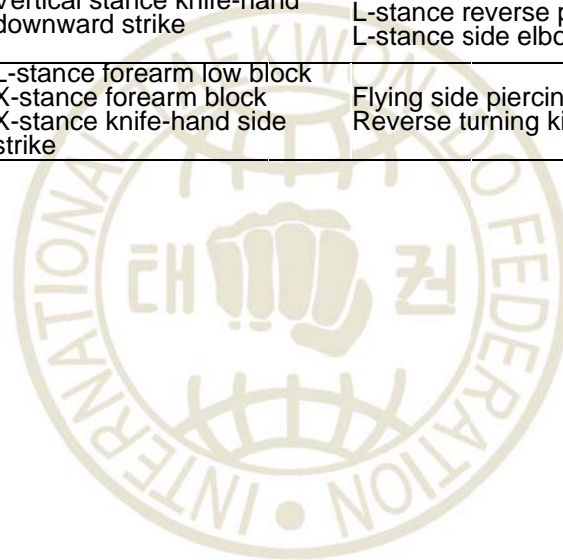
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MASTER PROGAAM (form beginner to first degree black belt holder)



Grade	Fundamental Exercise			Pattern	Sparring	Training Aids
10th	Parallel stance punch Walking stance spot punch Walking stance forearm low obverse block	Sitting stance punch Walking stance knife-hand low observe block	Walking stance inner forearm obverse side block Stepping side rising kick Front rising kick Front snap kick	Four direction punch Four direction block	3-step alone	Forging post (with sponge pad) Dyna-strike Stretchociser
9th	L-stance knife-hand guarding block Walking stance stepping punch Walking stance forearm low reverse block	Walking stance knife-hand low reverse block Step-turning	Spot turning L-stance inner forearm block Side piercing kick Side front snap kick	CHON-JI	3-stop	Mirror Stance mould
8th	L-stance twin forearm block Walking stance forearm rising block	L-stance knife-hand outward strike	Walking stance inner forearm reverse side block	DAN-GUN	3-stop	Pullers
7th	L-stance outer forearm outward block Walking stance outer forearm side block Walking stance back fist side strike	Walking stance outer forearm wedging block L-stance forearm guarding block	L-stance back fist side strike Double stepping side rising kick Release from a grab	DO-SAN	3-stop 2-stop	Forging bag Finger toughner Box (with rice)
6th	L-stance knife-hand inward strike Walking stance inner forearm circular	Walking stance straight finger-tip thrust Stepping side piercing kick	Fixed stance punch Walking stance reverse punch	WON_HYO	2-stop 1-step	Punching ball Forging post (with straw pad)
5th	Walking stance palm hooking block L-stance twin knife-hand block Walking stance double forearm block	Walking stance front elbow strike Walking stance knife-hand rising block	X-stance back fist side-strike Double side stepping knife-hand outward strike	YUL-GOK	1-step Semi-free	Blocking apparatus Calisthenics
4th	L-stance reverse knife-hand block Rear foot stance palm upward block Walking stance twin fist upset punch Walking stance twin fist vertical punch	Walking stance upper elbow strike L-stance forearm inward block Walking stance x-fist rising block	Fixed stance u-shape block Releasing from a grab Close stance angle punch	JOONG-GUN	Semi-free Free	Wooden horse Foot raising aid Jar

3rd	Walking stance upset fingertip thrust Turning kick L-stance double forearm pushing block Walking stance flat fingertip thrust	Close stance back fist high strike Walking stance x-fist pressing block Walking stance x-fist downward block	L-stance knife-hand low guarding block X-stance x-fist pressing block	TOI-GYE	Semi-free Free	Improved Training aids Dumbbells
2nd	Sitting stance palm pushing block Close stance inner forearm side front block	Vertical stance knife-hand downward strike	L-stance reverse punch L-stance side elbow thrust	HWA-RANG	Free Self-defence technique	Forging pendulum Finger toughener Box(with sand)
1st	Walking stance knife-hand front strike Sitting stance forearm front block Walking stance twin palm block	L-stance forearm low block X-stance forearm block X-stance knife-hand side strike	Flying side piercing kick Reverse turning kick	CHOONG-MOO	Free Self-defence Technique	Power indicator Holders



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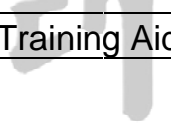
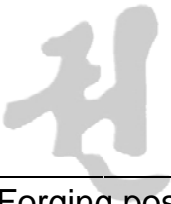

PROGRAM FOR 10TH GRADE

Introduction of Taekwon-Do	<p>Taekwon-Do</p> <p>Practice suit</p> <p>Reference and others</p>
Nomenclature of the attacking and blocking tools	<p>Forefist, outer forearm, knife-hand, inner forearm, under forearm, Back forearm, ball of the foot, tibia, outer tibia, inner tibia and side sole</p>
Definition of the vital spots	<p>High, middle and low section of the body</p>
Reasonable position of the tools for	<p>High, middle and low attack or block</p>
Stance	<p>Attention, parallel, walking and sitting stance</p>
Fundamental exercises	<p>Theory of power</p> <p>Parallel stance punch</p> <p>Walking stance spot punch</p> <p>Stepping motion</p> <p>Walking stance outer forearm low obverse block</p> <p>Front rising kick</p> <p>Four direction punch</p> <p>Sitting stance punch</p> <p>Walking stance knife-hand low observe block</p> <p>Walking stance inner forearm middle obverse side block</p> <p>Four direction block</p> <p>Stepping side rising kick</p>

LESSON PLANS FOR 10TH GRADE

1. They can be flexible according to circumstance or individual taste of instructor.
2. Warming up and warming down exercises must be done before and after training

1st Week

	Subjects	Reference	Training Aids
Mon.	How to tie the belt Attention stance and bow posture Introduction of Taekwon-Do Conduct in do jang How to fold the do bok	Taekwon-Do books written by Gen. Choi Hong Hi	
Tues.	Vital spots and high, middle and low attack or block How to make a clenched fist Theory of power Parallel stance punch		
Wed.	Theory of power How to punch a forging post stressing the point of focus Principle of stepping Walking stance spot punch		Forging post (sponge pad) Dyna strike
Thurs.	Walking stance spot punch Correction and demonstration Nomenclature of forearms and tibias Walking stance forearm low block		Stance mould Mirror 
Fri.	Parallel stance punch Walking stance spot punch Walking stance forearm low block Correction and demonstration		
Sat.			







2nd Week

	Subjects	Reference	Training Aids
Mon.	Tenets of Taekwon-Do Walking stance spot punch Walking stance forearm low block Spot front rising kick	Taekwon-Do books written by Gen. Choi Hong Hi	
Tues.	Walking stance spot punch Walking stance forearm low block Spot front rising kick Correction and demonstration		Foot raising aid
Wed.	Parallel stance punch Walking stance spot punch Walking stance forearm low block Four direction punch		
Thurs.	Walking stance spot punch Walking stance forearm low block Four direction punch Sitting stance punch		
Fri.	Sitting stance punch Four direction punch Correction and demonstration Stepping front rising kick		
Sat.			

3rd Week

	Subjects	Reference	Training Aids
Mon.	Moral culture Sitting stance punch Stepping front rising kick Four direction punch	Taekwon-Do books written by Gen. Choi Hong Hi	
Tues.	Sitting stance punch Four direction punch Correction and demonstration How to make a proper knife-hand Walking stance knife-hand low block		Pullers 태
Wed.	Sitting stance punch Stepping front rising kick Walking stance knife-hand low block Correction and demonstration Four direction punch		천
Thurs.	Sitting stance punch Four direction punch Walking stance knife-hand low block Walking stance inner forearm obverse side block		도
Fri.	Four direction punch Walking stance knife-hand low block Inner forearm obverse side block Side rising kick Correction and demonstration		도
Sat.			

4th Week

	Subjects	Reference	Training Aids
Mon.	Moral culture Sitting stance punch Stepping side rising kick Four direction punch Four direction block`	`	Stretchociser 
Tues.	Stepping front rising kick Stepping side rising kick Four direction block Correction and demonstration Principles of 3-step sparring		
Wed.	Four direction punch Stepping side rising kick Four direction block 3-step sparring		
Thurs.	Sitting stance punch Stepping front rising kick Four direction punch Four direction block 3-step sparring		
Fri.	Instruction of test Four direction punch Four direction block 3-step sparring Correction and demonstration		
Sat.	Test		

MASS TRAINING SCHEDULE

The following curriculum was adopted by the South Korean Armed Forces, and in May 1968 was presented to the Consul International Sports Military Symposium held in Paris by International Taekwon-Do Federation.

One of the great advantages of Taekwon-Do is the ability to train a large mass of students at one single session. This is especially valuable for training military personnel. Mass training is divided into both ordinary and special classes.

1. ORDINARY CLASS.

This is conducted for all men, including officers, and is broken down into the following successive courses.

A. First Course

This course should teach simple basic posture, fundamental movement, and beginner's patterns; CHON-JI and DAN-GUN besides 3-step sparring. Here the student is beginning to toddle and discover the use of his hands and legs for the first time. In two months, the student can be eligible for any grade from 10th to 7th, depending on the mental and physical achievement. This course should take two months.

B. Second Course

This phase of instruction should teach 2-step and 1 -step sparring along **with DO-SAN and WON-HYO patterns. In this course emphasis is placed on** proper use of the feet. Of course, there is constant repetition of technique learned in the first

course. Here the student is walking freely and attempting to run. Upon completion of this course the student can be promoted to any grade from 6th to 5th grade, again depending on his ability.

This course should also take two months.

C. Third Course

In the first half of this course, students learn foot techniques, semi-free sparring and free sparring. The students advance to YUL-GOK and JOONG GUN patterns, and some basic self-defence techniques. In the second half of the course the student is introduced to bayonet drill and practical methods of defense against armed opponents. The adolescent student is now running freely and is qualified to hold any grade from 4th to 3rd. This is another two month course.

2. SPECIAL CLASS.

This class is primarily for training instructors and assistant instructors. The first, second, and third courses are nearly the same as those of the ordinary class with the exception that though the courses are shorter, the daily training is for a longer period.

A . Fourth Course

In this course, the students receive more intensive training to develop muscles and sparring techniques. The students begin to practice TOI-GYE and HWA-RANG patterns. Now the student can not only run, but jump as well.

Upon completion of this course the students are eligible for 2nd and 1st grade. This course should take three months.

B. Fifth Course

This course is a preparatory course for obtaining a black belt. Here the instructor scrutinizes the students and appraises their confidence, leadership ability, moral courage and humility. Not only is the adult student running and jumping but he also possesses the technique and confidence to participate in any sporting event. Once the student has mastered HWA-RANG and CHOONG-MOO patterns, he may test for 1st degree black belt. This course should take a minimum of three months.

3. TRAINING HALL

An indoor training hall should have a wooden floor so the student can practice barefooted. A wooden floor also offers the flexibility needed to enable students to perform their techniques at an optimum. An outdoor training area is obviously ideal for training a large mass of students, perhaps company size.

It should be set up on a level, preferably grassy area. Students are allowed to wear shirts and tennis shoes outdoors.

4. TERMS OF TRAINING

An individual soldier, training one hour per day, six days a week, should finish the basic Taekwon-Do training in less than six months. In the advanced phase of the special class, potential instructors must train eight hours per day for an additional six months.

TITLE AND FUNCTION (*CHINGHO WA KINUNG*)

Society is basically constituted by people of various social statuses in terms of rank, position or occupation. Since the measure of reception or treatment accorded to each class is universally standardized, people can modulate and control the quality of living in accordance with their respective positions. Without such distinction chaos and disorder will certainly prevail.

Similarly in Taekwon-Do, a unique and ideal spirit of chivalry, characteristic of martial art practitioners, can only be achieved by designating general guidance as well as specific function to black belt holders, particularly an appropriate title to high-ranking black belt holders. This will make a clear distinction between seniors and juniors, motivating the former to act with discretion and therefore setting an exemplary standard, while the latter strive for self-improvement in order to emulate their mentors.

DISTINCTION OF TITLE (*CHINGHO KUBUN*)

In Taekwon-Do each title is determined according to the rank as follows:

- 1st - 3rd Degree - Assistant Instructor (Boosabum)**
- 4th - 6th Degree - Instructor (Sabum)
- 7th - 8th Degree - Master (Sahyun)
- 9th Degree - Grand Master (Saseong)